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SYNOPSIS OF THE HUMAN PLUS LABORATORY SURVEY

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Number of H-Plus Survey Forms Completed

1. Mobius West.....	21	23. Nutricia.....	6
2. Relax	20	24. Sensory:Hearing	6
3. Imprint.....	15	25. Eat I No Eat.....	5
4. Tune-Up.....	14	26. Sensory: Touch	5
5. Attention.....	14	27. De-Discomfort.....	4
6. Let Go.....	14	28. Sex Drive.....	4
7. Synchronizing.....	12	29. Sleep Easy	3
8. Detox: Body.....	11	30. Strong-Quick.....	3
9. Contemplation.....	11	31. Prep.....	2
10. Eight-Great	11	32. Immunizing	2
11. Off-Loading.....	10	33. Emergency: Injury	2
12. Sweet Dreams.....	9	34. Recall.....	2
13. Circulation.....	8	35. Sensory: Taste	2
14. Make Your Day.....	8	36. Sensory: Smell	1
15. Reset.....	8	37. Short Fix.....	1
16. Restorative Sleep	8	38. See-Be.....	1
17. Zoning.....	7	39. Sleep.....	1
18. De-Hab.....	7	40. Speak Up.....	1
19. Options.....	7	41. Release	1
20. Think Fast	6	42. Stay Awake	1
21. Wake-Know.....	6	43. Emergency: Toxic	1
22. Recharge.....	6	44. Empathizing	1

During development of the *HUMAN PLUS* concept, selected TMI staff utilized the prototype tapes in the isolation booth of The Monroe Institute laboratory. A total of 19 volunteer subjects participated over a 12 month period from November 1987 to November 1988. They ran the gamut from very experienced (program trainers, Bob Monroe) to completely Hemi-Sync® naive. Laboratory monitors kept written records of each session and participants completed a survey form for each tape they used. Their experiences and opinions were an invaluable contribution to the creation of the H-PLUS® system.

A total of 44 H-PLUS Function Exercises (including Prep) are represented below. Function Exercises not listed were not available for these sessions or were not used by the subjects. Some Function Exercises (like *Emergency: Toxic* and *Empathizing*) were available only during

the last month or two of the study. Several people repeated Function Exercises (this resulted in more responses for some tapes than there were subjects).

The table on this page shows the Function titles in descending order from most to least survey forms completed for each tape. The box on page 4 shows the survey form used.

In a total of 287 responses, the first 10 tapes listed account for 50% of the total. This appears to indicate greater interest and/or higher perceived value in the areas they address.

Each subject completed a survey form for the tape(s) heard during the previous session. Therefore, the following responses represent experiences and results within approximately one week of hearing a tape.

When asked for their general reactions to tapes during a lab session, the majority indicated a high range of comfort ranging from “good,” “OK,” “comfortable and restful” (144) to “very relaxed,” some form of “sleep” (118), or “nothing special,” “awake/alert,” “drifting,” “very effective,” “couldn’t settle down” (33). Most subjects evidently attained a deeply relaxed state during the tape experience. Specific comments addressed physical reactions, emotional/psychological experience, tape format, and session structure. Under the physical heading, a painful neck was relieved during a session; one person’s rumbling stomach was quieted during *Eat/No Eat*; *Short Fix* removed an annoying itch; and one person reported aches and chills during the clearing process of *De-Tox: Body*, while another experienced an intensification of allergic reactions. There were references to perceptions of intense heat, purple color, and a visual montage effect. Psychological and emotional effects spanned a broad spectrum— “drowsiness and feeling of freedom to explore”; “close to sleep but not asleep”; “powerful, deep, increase in temperature” (*De-Hab*) and knowledge of ability to quit smoking; “Function felt in entire awareness”; “used *Let Go* for Security Repository box, and had enjoyable, deep emotional experience”; “loved experience of color and warmth.” One subject “felt that Plus-Change, Change (*Mobius West*) could accomplish anything!” A few people did not like doing two tapes per session and objected to the length of “quiet time” on the tapes.

An H-PLUS tape library was available to participants. Therefore, we wanted to know if subjects listened to a tape at home either before or after the lab session. Most responses (167) indicated tapes were only done in the lab. In 39 instances tapes were listened to beforehand; 27 listened to them afterwards; and 5 listened before and after the session. No response to this question was given on 49 surveys.

We also wondered how many subjects would reinforce the Function Exercise by using the tape again versus the Function Command only, either at home or in the lab. About half (137) planned to use the tape again; 105 did not intend to repeat it; 34 felt they might listen again;

and 11 did not answer. This is almost an equal split between need/lack of need for reinforcement.

The volunteers performed a valuable service by commenting on the technical quality of the audiotapes. Due to these comments, early problems with tape speed, voice timbre, and phrasing were resolved to produce a higher quality product.

It was especially critical to determine if participants used the Function after hearing the tape. This application of the Function Command in daily routine is central to the *H-PLUS* system. A majority (216) did use the Function. Only 64 responded in the negative, with 1 “maybe” and 6 “no” answers. Function Commands were used an average of 4 times each during the week preceding the survey completion. This did vary widely depending on the nature of the Function. *Tune-Up* or *Relax*, for example, saw more use than *Strong-Quick* or *Zoning*.

We next wanted to assess regular use of the Functions in appropriate situations. Less than half (113) of those answering felt they had missed opportunities for application of the Function Command during normal daily activities. Half of the group (141) felt they had used Functions when applicable. Seven persons felt they might have missed chances and 26 did not answer. The key seemed to be remembering the Function was available—a telling comment on the adjustment necessary to realize one has more control over life circumstances.

Estimated frequency of Function use is shown below by number of surveys completed:

Routinely	75
Frequently	70
Now and then	101
Rarely	25
No answer	16

These figures indicate that over half of those involved intended to use *H-PLUS* on a consistent basis. Memory and perception of the appropriate situation seemed to be the keys here.

Further, we questioned if the Functions, once heard and used, were effective. Over 50% (162) felt that the Function worked easily and they achieved the intended results. The Function did not work for 44; the effect was uncertain for 23; and 58 did not answer. If a Function was ineffective, subjects usually felt the encoding was not in place and planned to listen to the tape again.

Were there typical situations when participants would activate an *H-PLUS* Function? Almost everyone (231) answered yes. The remaining 21 could not think of a particular situation; 3 thought maybe; and 32 did not answer. The situations described revolved around the specific focus of a Function.

A common request was for a small card listing all of the Function Commands. Few considered using *Imprint* and *Recall*—an interesting perspective on human conditioning. [Ed Note: Function Command cards have been developed and are provided with *H-PLUS* cassette album purchases.] The following is a cross-section of general comments on specific Functions during the process of learning and application:

PREP Really like this tape. Effective physically, mentally, and emotionally. Brings a balance in all systems.

STRONG-QUICK Forgot to use at karate class. /Used to open stubborn jar tops. /Did not work well when used with *Synchronizing*. Felt like physical wires were crossed. /Do a lot of exercise and walking and am accustomed to varied energy levels. Not a lot of difference with Function.

LET GO Use other methods for this purpose. Hard to put result down to one or another. /Works well but have to be sure I'm not using it to repress feelings. /May work, depending on depth and intensity of emotion I'm experiencing. /This is great! I anticipate regular usage. It really helps immensely in conserving psychic energy and redirecting focus and energy.

RELAX Didn't think of it at dentist office. Wish I had. /Surprised how easily it worked. Repeated command 3-4 times at first, then found not necessary to repeat. /When used at home, produced a huge yawn every time automatically.

RESTORATIVE SLEEP Could use nightly, but choose other foci. /Woke feeling sleep was particularly productive re: dreams and recharge. /Helps in overnight relief of sprains and soreness.

WAKE-KNOW Twice asked for information and woke up knowing! /Have not yet awakened with "knowing." Don't remember dreams easily— so this may be a difficult Function for me. /Use for situations which tend to hang without resolution.

DE-DISCOMFORT Used on airplane for stabbing pains in wrist. Worked almost immediately and pain didn't return for 2 days. /Use produced paradoxical reaction—discomfort intensified. /Will use for unexpected arthritis pains. This corralling of forces within seems to zap pains for the day.

RESET Experienced immediate and sustained reversal of low to high energy state. /Find it particularly useful with the *Let Go* Function. They complement each other and make me aware I have that control. /Would use for getting up in the morning.

NUTRICIA Excellent Function script. Win-win approach. /Encoding (command) doesn't seem quite right for the purpose. /Forgot to do it before eating, so I do it afterwards. /I experienced this as one of the most powerful tapes so far—effective script.

SENSORY: HEARING Use to try to figure out a night noise. /Used it in meditation to tune in to vibrations I couldn't hear before and it worked. /Use to adjust noise level at concerts or in theaters where I have no control over the external source.

CIRCULATION Seems to help with heart irregularity. /Used for current problem with feet and legs, directing healing circulation. Treatment definitely seems accelerated.

OPTIONS Thought about it and decided not to use it. /Use before doing creative visualization of future patterns.

MOBIUS WEST Use anytime there isn't a special H-PLUS tape for whatever my need is.

CONTEMPLATION Use it for contact with inner, higher self whenever it seems necessary.

IMPRINT I used this Function to program using *Nutricia*. /Especially useful during an H-PLUS tape to remember the Function Command.

We hope this overview of *H-PLUS* development has been informative and inspires your own persistence and creativity. An upcoming BULLETIN will present results of the *H-PLUS* Training Series Surveys submitted by those utilizing the *H-PLUS* in-home program. And watch for an interview in the BREAKTHROUGH with a *GATEWAY VOYAGE*® participant who is using *H-PLUS* and other Hemi-Sync tapes to deal with the challenge of multiple sclerosis.

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